
TOP 10 USES FOR HOPE OIL®

- 1. Calming Heart:** Apply over the heart to relax and reduce anxious feelings.
- 2. Scent Clothing & Bedding:** Apply to palms and rub onto clothing and bedding for a relaxing aroma.
- 3. Calm Tummy:** Apply on tummy to relax tummy muscles.
- 4. Perfume:** Apply to wrist for a fresh uplifting perfume.
- 5. Head Tension:** Apply Hope to forehead, back of neck at the base of skull and inhale from cupped hands. This encourages the mind to calm down and not over think.
- 6. Courage & Believing:** Apply over heart and heart pulse points for courage to go on and push through difficult times.
>>As I connect to God, I have all the strength I need to push through with great courage
- 7. Self-Acceptance:** Apply on the tummy and say your affirmation such as:
>>I fully love and accept myself unconditionally
>>I am enough for now
- 8. Rebirth Bath:** Massage Hope oil all over the body and soak in a warm bath of 1/2 cup epsom salt.
>>With God's power, I wash away the old and welcome the new me
- 9. More Spiritual Light:** Simply inhale deeply from cupped hands and apply to forehead as you connect to the divine power source through prayer. These oils move you out of darkness and loss and back into the light and childlike hope.
- 10. Meditation:** Apply to heart area as you do your meditation and pondering.

Fractionated Coconut Oil



Vanilla Bean Absolute



Bergamot Peel



Frankincense Resin



Ylang Ylang Flower



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

